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Aging

U.S. Department of HEALTH, EDUCATION, and WELFARE

No. 12 - July 1954

Maine's New State Committee on Aging Is Moving Along in Vigorous Fashion

According to 1950 Census figures, the State of Maine has a population of 913,741 of whom 93,562 are 65 years of age or older. That is 10.2 percent - one-fifth above the average for the country - and puts Maine among the half-dozen or so States of the Union that write this percentage with two figures before the decimal point.

In recent years State and local officials as well as prominent professional and lay residents have been increasingly concerned over the aging problem. Representatives of the Governor attended the Conference of State Commissions on Aging held in Washington in September 1952 and returned eager to see an official State Committee established in Maine.

A bill authorizing such a committee to serve in the interim period between legislative sessions was passed by the Legislature, effective August 1953. The Maine Legislature meets every two years; its next session starts on January 5, 1955.

Members of the Committee, appointed by the Governor, are of unusually high calibre. Its chairman is State Senator Carlton S. Fuller; its vice-chairman Hon. Roswell P. Bates, Speaker of the House. Miss Pauline A. Smith of the Department of Health and Welfare is serving as Secretary.

Rounding out the Committee's competence are John Barclay, an executive of a large paper company; a physician, Dr. John Hanson, who is also a State Senator; another physician, Dr. George Robertson, director of a geriatric

clinic; and the wife of a Bowdoin College official. The latter, Mrs. Marguerite McIntire, has recently been awarded a \$1500 grant by the New England area of Soroptomists to make a local gerontological study.

Once the Committee was organized and functioning, monthly meetings have been held on a regular schedule. In an early session the members met with Governor Burton M. Cross for luncheon at Blaine House. An invited guest was Clark Tibbitts, Chairman of the Committee on Aging and Geriatrics of the U. S. Department of Health, Education, and Welfare, who was asked to brief the Committee on methods of procedure and on what is being done in other States.

Subcommittees have been set up to cover four major areas of activity: Employment and Economic Support; Health and Medical Care; Education and Recreation; and Housing. The subcommittee chairmen have been highly successful in recruiting membership from volunteer representatives of various State organizations and other interested citizens.

These subcommittees are literally "going to town" - or, more precisely, into the towns and cities of the State. An early decision was made to hold hearings in widely separated places in order to get the greatest possible geographical coverage for sources of information and publicity. As a result, Augusta (the State capital), Portland, Hallowell, Presque Isle, Belfast, and Auburn have felt the impact of the Committee's activities. Other meetings have been scheduled for Bangor, Machias and Waterville.

Press coverage for the hearings has, in most instances, been good. Committee members have been on various radio and TV programs, and have devoted considerable time to speaking before various groups and organizations.

Most of the hearings have been well attended and have helped to give the Committee members a more acute sense of specific areas of need. Some of them have been tape recorded. The recordings will not only preserve an exact transcript of the proceedings, but can also be played back for the benefit of other groups.

In one respect, the meetings have been disappointing. For, as Chairman Fuller said, "We expected to get a great flock of oldsters who would tell us what to do and only a few showed up." However, the large number of those having professional concern with the problem who did show up included local government officials, health and welfare workers, hospital directors, nursing home operators, some (though not too many) business executives, labor leaders and a fairly wide variety of other special interests.

At all hearings there has been a brisk exchange of opinions and points of view and a sober appraisal of needs and of resources to meet them. While there was considerable emphasis on the importance of preventive programs, most of the discussions revolved around what could be done to relieve the immediate pressures.

Concern over matters of health was everywhere evident: how better hospital facilities for the chronic ill could be provided; how the overcrowding in mental hospitals could be relieved; how adequate medical care for older persons, especially in the rural districts, could be achieved. The housing sessions were particularly preoccupied with the need for more and better managed nursing homes, as well as the expansion of boarding and foster homes.

On the economic side of the picture there was constant reference to the fact that Maine has an old-age assistance limit of \$55, with no provision for the cost of medical care. Opportunity for retired workers to earn more money was heartily underscored, together with the need for community activity centers and "Golden Age" clubs. The outstanding success of Maine's neighbor, New Hampshire, in developing a program of arts and crafts (see March 1954 issue of *Aging*) was used as an example by those urging the expansion of adult education for older people.

The State Committee is required to submit a report on its activities and findings not later than October 31, 1954. It hopes to set forth a strong statement of needs and practical ways for meeting them. Emphasis will be placed on

the responsibility of the local communities for setting up concrete programs with the Committee restricting itself to over-all aid and counsel.

The immediate focus is to secure a legislative authorization which will enable the Committee to continue as a permanent body with a paid secretary who can establish and maintain contact with all local activities. So far the Committee has been operating on an appropriation of \$1200 to cover expenses for the entire interim period including the preparation of the report.

With all its high hopes of seeing a network of local programs established throughout the State, the Committee is clearly aware that its first job must be the education of the general public to the need and to the fact that there is an "aging problem." Even that, it recognizes, is going to require a lot of hard, concentrated and patient work. But there is every evidence that the Committee is thoroughly in earnest and wholly convinced that it can come up eventually with some, if not all, of the answers.

A Note for Nursing Homes

The observation is frequently made that the commercial nursing home does not lend itself to an activity program for its residents or to voluntary services provided by community groups. The following letter from such a nursing home operator quoted in *Care* (newsletter published by the Kansas Division of Public Assistance for managers and operators of home for adults) provides evidence to the contrary.

"I wanted to tell you what fun we have had with our patients doing handcraft work. They really enjoy it and of special interest were the corsages we made for Easter. The Brown's Greenhouse donated the flowers. I called them and asked if they had anything we could use and she was so sweet about giving them. The men made theirs for their daughters and families and the ladies wore theirs to Church.

"The ladies auxiliary from the Eagles Organization come into our home every Thursday afternoon from 2 to 4 to help us with hand work. We have the Rhythm Band which I was taught at the Workshop at the Topeka State Hospital. The patients really enjoy it and put a lot into it.

"We have made table mats from rug rags and soon will start with making rag rugs. Thank you so much."

"Growing old means to enter a new occupation; all one's circumstances are changing and one must either retire from active life or deliberately and consciously take over the new role." Goethe

The Philadelphia Story: A Progress Report

by
Herbert W. Gruber

(In the June 1951 issue of Aging we carried an article, "A Tale of Three Counties," which set forth the functions and objectives of the newly formed Division on the Aging of the Health and Welfare Council of Philadelphia, Inc. - Philadelphia, Delaware and Montgomery Counties. Now, in this follow-up story, we see what can be accomplished by a group which really means business.

The author is manager of the Social Security Administration Field Office in Chester, Pa., and a member of the Division's Advisory Committee. He served as chairman of the committee which developed an over-all assessment of aging as a guide for community action. An abstract of the report was published by the Pennsylvania Citizens' Association under the title Our Later Years. Ed.)

Pre-Retirement counselling; nonresident programs by homes for older people; eleven-week course on "Retirement as a Second Career"; Meals-on-Wheels; volunteer opportunities by government and voluntary agencies in the fields of health, education, and recreation; and community education covering needs of the aging and their potentialities as useful and contributing citizens--these are some of the accomplishments and projects undertaken during the past year or two in the Philadelphia area.

Most of them were stimulated by Our Later Years, a report developed by a committee of more than one hundred citizens under the auspices of the Division on the Aging, Health and Welfare Council of Philadelphia and vicinity, and published December 1951.

One of the most encouraging of these projects, and one holding great potentialities for the older working people, is a pre-retirement plan recently inaugurated by the John B. Stetson Company of Philadelphia. Under the leadership of Horton B. Delaney a plan was developed to assist employees in preparing themselves for the transition from work to retirement. The program consists of a series of group sessions covering the following subjects relating to retirement--(1) Attitude clarification, (2) Economics or finances, (3) Health, (4) Family Life and social relationships, (5) Leisure time activities, (6) Review and employee reactions. The Health and Welfare Council served in an advisory capacity and assisted in relating the community resources to the program. This company has no compulsory retirement age; therefore many of the employees are in their seventies. Since January the plan has been presented to three groups of about 20 each. Attendance was by invitation and represented the

older employees. However, the company plans, as soon as practicable, to reach employees within 5 to 10 years of retirement.

For its pioneering efforts in this direction the John B. Stetson Company received on May 18 an Award of Merit on Pre-Retirement Counselling from the Research Institute of America.

A nonresident plan established by the Lutheran Home for the Aged has proved so successful that the Board of Trustees recently made it a permanent phase of its operations. The purpose is to extend the Christian fellowship of the Home to those who have applied for admission but prefer to continue living in their own home. The full-time social worker helps them with their difficulties: housing, a job, health, and others. Two Episcopal homes have boarding-out and eating-in plans. This is pioneering work and other homes in this area are watching and studying the results.

"Retirement as a Second Career" was the name of one of several courses at adult education schools. Subjects like income, employment, health, housing, counselling, recreation, and others were discussed. The interest and enthusiasm manifested by those attending indicates the great value of such education to an individual.

Golden Age Clubs totaling 98 in number with a membership of about 5,000 are being operated by various organizations.

The Garrett-Williamson Lodge provided 6 ten-day vacations for 326 older women in 1953 and plans the same for 1954. The YMCA of Philadelphia has again made Camp Hilltop available for older people. In 1953 it provided 2 four-day vacations for 107 men and women.

"Meals-on-Wheels," a pilot project of the Lighthouse, a settlement house, is a meal service to homebound or semi-homebound elderly people who live alone. Volunteers pack the food, drive vehicles and deliver the meals. Rates vary between 40 and 80 cents a day for two meals - one hot and one cold. One impressive aspect of the service is the effect the volunteers going into the homes every day has upon these old people; some have said that seeing "the girls" does them as much good as the food.

Volunteer opportunities for retired people is a pilot project with personnel directors of a few firms. Services of Council on Volunteers are being offered to retiring personnel to interest them in volunteer work in community services.

(Continued on Page 8)

Aging

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AGING is a medium for sharing information about programs and activities among agencies and organizations in the field, their staffs and board members and other interested individuals. Communications and items suitable for publication should be sent to Clark Tibbitts, Chairman, Committee on Aging and Geriatrics, of the Department, Washington 25, D. C.

Subscription: 50 cents a year for 6 issues, domestic; 15 cents addition for foreign mailing; 10 cents for single copy. Send to Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. The printing of this bulletin has been approved by the Director of the Bureau of the Budget, October 6, 1953.

Nevada Studies Housing for Old-Age Assistance Recipients

"The State of Nevada should make some official provision for shelter for the needy aged" was the opinion of the majority of the old-age assistance recipients interviewed in December 1952. It was found, however, that only 2 percent would be ready to move into a State home for the aged themselves if one were available today.

Interviews on this subject were obtained as a result of a resolution passed by the 1951 Legislature directing the Legislative Counsel to study the need for such a home. The public assistance staff of the Nevada State Welfare Department cooperated in the study by interviewing over 300 recipients of old-age assistance.

Twenty percent of the aged indicated that they would live in State-supplied cottages, but only 2.6 percent would go anywhere in the State to avail themselves of the opportunity. The majority visualized their own lives going on very much as they are. They are generally satisfied with their present more independent living arrangements. Only a minority would wish to make a change even if special housing for the aged became available.

The greatest acceptance of the idea of some form of special housing was found among those living alone, dependent entirely upon old-age assistance and having some degree of disability. To meet the expressed needs and desires of the older people the cottages would have to be scattered throughout the State so that the persons living in them would not be separated from friends, family and familiar surroundings.

Private cooking facilities in the cottages would be a "must." Seventy percent of the aged would expect to do all of their own cooking, and another 10 percent would expect to do some of their own cooking. Community, rather than private, laundry facilities seem indicated as desirable since only a little over one-half would expect to do some or all of their own laundry while 40 percent would require complete laundry service.

The idea of a central gathering place or joint recreation area adjacent to any group of such cottages was especially well received. Seventy percent of the respondents would welcome a spot where they could mingle with other people of like years when they felt like it.

Provision of several small groups of low-cost cottages scattered throughout the State, according to the report, appears to be the ideal way for the State of Nevada to alleviate the housing needs of the aged.

The report is published under the title "A Survey to Determine the Housing Needs of Old-Age Assistance Recipients in Nevada," Nevada State Welfare Department, December 1952; 38 pages, mimeographed. A limited supply is available free upon request.

"Robert Montgomery" T.V. Film Available for Local Showing

Many of our readers may have seen the T.V. show "Such A Busy Day Tomorrow" when it was produced a few months ago on the N.B.C. Robert Montgomery Presents program. With Walter Hampden in the leading role, it told a highly moving story of an elderly widower, retired from work and more or less out of contact with his family, who is rescued from loneliness and frustration by joining a community senior citizens club. Taken against the background of the

Hodson Center in New York City it is, in all ways, an authentic study of a situation of this sort.

Through the courtesy of the sponsors, Johnson's Wax, prints of this program, with the commercials eliminated, are now available through the Regional Offices of the Department of Health, Education, and Welfare. In agreement with the American Federation of Television and Radio Artists the film may be shown only at conferences, group meetings, etc., where no admission is charged; and can not be used on T.V. without prior approval from AFTRA. Prints are 16mm. and running time is approximately 50 minutes.

To secure the loan of one of these prints, get in touch with your local Social Security Field Office (see Telephone Directory), or write direct to the Committee on Aging and Geriatrics, D.H.E.W., Washington 25, D. C. So far, only a limited number of prints are available but, depending on the demand, the Committee hopes to be able to secure an additional supply.

The Way the Wind Blows

The U. S. Department of Labor has recently appointed a departmental committee to study the problems of the older worker. Chairman is Robert C. Goodwin, Director of the Bureau of Employment Security.

In general, the Committee will explore methods of informing employers so that they will accept the older worker on the basis of his qualifications for the job and not reject him merely because of his age. To this end, it will initiate an extensive program of fact finding, research, and educational services designed to overcome the misunderstanding that influences restrictive hiring and utilization practices.

Special attention will be given to the effect of pension and insurance programs on the hiring of older workers. The Committee hopes also to make a study of the comparative productivity, absenteeism, safety and rate of turnover of older as compared to younger workers.

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Morris County, N. J., has opened its new "Model Welfare House" to house and provide for its poor, chronically ill aged. Hospital is a 3-story, 138-bed structure costing \$1,151,750. For further information write for a copy of the January issue of The Welfare Reporter, official publication of the New Jersey Department of Institutions and Agencies, 135 W. Hanover St., Trenton.

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Youngstown, Ohio, comes of age with the establishment of a permanent coordinating Council Committee on Older Persons. The new Committee follows two years of careful study of such diverse subjects as recreation, housekeeper and homemaker service, the county home, and education. The "Sixty Plus Hobby Show" sponsored by the Committee attracted crowds for two weeks in May. Chairman of the

Committee is Dr. Sidney M. Berkowitz, 720 Dollar Bank Bldg., Youngstown 3.

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Cleveland Public Library is in the midst of a survey of the activities and situations of the members of its "Live Long and Like It Club." Objectives are to determine individual needs and how to meet them. Fern Long, originator of the Club, obtained a grant from the American Library Association for the survey. Mildred Dorr is the investigator.

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The San Francisco Senior Citizens' Hobby Show May 8-17 was a huge success. Attendance was over 7,000, and 200 individual exhibitors between the ages of 60 and 102 displayed more than 500 different items. One-third of the exhibitors were men. Organized by the Community Chest Committee on the Aged, the sponsoring groups included the largest department store in the city (The Emporium) which provided its auditorium and technical display service, the Chamber of Commerce and Labor Council, the Adult Education Division of the public schools, the Recreation and Park Department, and the San Francisco Foundation.

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The Sirovich Day Center Dramatic Group of New York City has reached a new level in achievement in public performance. On June 10 the players presented "The Silver Whistle" at the Theatre of the American Academy of Dramatic Arts, thus becoming the first Activity Center group ever to give a Broadway performance. The director and every member of the cast have seen at least three-score years.

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Kalamazoo, Mich. Since it was established in the fall of 1948, Senior Citizens Fund has raised some \$400,000 and is now ready to construct and equip an apartment building for older people exclusively. Contributions have been received as gifts from foundations, corporations and individuals, and also through living memorials in memory of deceased persons.

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New York City. The Mary Manning Walsh Home, 420 E. 59th St., has a new monthly publication, "Chat," issued for residents. Editor is Patrick J. Doyle, reporter for the New York Daily News.

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Santa Monica, California's Committee on Senior Citizens held a one-day general conference on May 13. Purpose was to assess requirements for making the community one in which older people can be useful and healthy.

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Louisiana State University's School of Social Work is offering, for the second summer, a course, "Needs and Problems of Aged Persons." Instructor is Professor Hilda Arudt, assisted by special lecturers.

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The second Community Leaders Workshop on programs for aging took place at the Cold Spring Institute, June 24-26. The Workshop was

co-sponsored by the New York State Joint Legislative Committee on Problems of Aging (an old friend of our readers) and the Cold Spring Institute, which offers the program "Adventures in Retirement" (see Aging No. 8). For more information on this learn-how-it's-done-by-doing-it workshop, write to Dr. Ruth Andrus, Director, Cold Spring-on-Hudson, New York.

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Six Detroit companies have entered into an agreement with the United Auto Workers CIO to provide retirement benefits for workers under a new area pension plan. Employee's right to retirement income is fully vested after 20 years, and pension credits may be transferred if an employee moves from one to another of the participating companies. Provision is also made for early retirement and for total and permanent disability.

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The South Pasadena (Calif.) Golden Age Club recently passed its seventieth birthday. A neighboring club in Alhambra which it sponsored is now larger than the parent group. Plans are under way to promote similar clubs throughout the State. For information write to Mr. Ventnor Williams, 3108 Santa Anita Ave., Altadena.

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A bill has been introduced in the New York State Legislature to establish an adult hygiene and geriatrics program in the Department of Health.

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Kessler Institution for Rehabilitation, West Orange, N. J., recently sponsored a series of 6 lectures on "Problems of Aging" by Dr. Martin Gumpert. Designed primarily for lay audiences.

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For St. Louisans 50 years of age and older who like to garden, the St. Louis Recreation Center for Senior Citizens is providing free seed and ground in a community garden that was opened May 5. Gardeners can cultivate either flowers or vegetables, using their own tools. For information, write to Joseph B. Shank, superintendent of the City Infirmary, 5800 Arsenal Street.

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The Community College of the University of Denver, in association with the Personnel Club of Denver, sponsored an institute on aging that met once a week from May 5 to June 4. Focus was on planning and living through the later years. Coordinator of program was Dr. Heber Harper. A \$10.00 registration fee was charged.

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Recreation in the Independent Years was the topic of a one-day workshop in May, conducted by the Committee on Problems of the Aging, Madison, Wisconsin. Six concurrent sections talked about program, financing, agency responsibilities, leadership, and institutional situations. Workshop leader was Jerome Kaplan, Minneapolis Group Work Consultant in Aging.

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Parade (March 7 issue) carried a two-page story of the campaign recently inaugurated in Quincy, Mass., to improve services to the aging.

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Southern Illinois University's Department of Sociology offers a pioneering course, "Problems of Old Age." The course is open to undergraduate and graduate students. The University is at Carbondale.

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Albuquerque, New Mexico's Committee on Aging has arranged with the local office of the State Employment Service to offer special facilities for older applicants. Effort focuses on finding light jobs, odd jobs, and babysitting jobs. One feature will be "house-sitters," or "sleepers," who will take care of the bird and guard the premises while the family is away. Chairman of the Albuquerque Committee is Dr. Leroy Jones, Casa Vieja On the Plaza, Old Albuquerque.

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Oakland (Calif.) PTA is sponsoring a series of 10 classes to help adults prepare in advance for the mental and physical adjustments to later years.

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By 1975, the number of people in the U. S. affected by cancer may exceed 1,000,000, as compared with 528,000 in 1940 and 711,000 in 1953. Increase is due, in large measure, to the increase of older people in the population, according to Sidney J. Cutler and William M. Haenzel of the National Cancer Institute, PHS, writing in the April issue of the Public Health Reports.

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University of California, Los Angeles. "Newer Concepts of Nursing in Chronic Illness, Disability and Geriatrics" is the title of a short course being offered June 21-July 1 by the School of Nursing and University Extension. Open to Registered Nurses, with enrollment limited to 45 students. Fee for the course, \$27.00.

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The Flint (Mich.) Older People's Program that has been in existence for 6 years has recently expanded its operation to include two Hobby Shops and a Friendly Visitor Service. The Program has 3 active groups of older people, known as the "Jolly Old Timers" from whom the F.V. volunteers are drawn. Names of individuals in need of such service are supplied by the local Visiting Nurses Association and the Public Health Department. The whole program is under the general supervision of Flint Recreation and Park Board, Lena W. Tyler, Director of Recreation.

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Flint (Mich.) Committee on Aging has a subcommittee on housing for the aged that will work with a committee appointed by the Flint City Commission to study the entire problem of housing in that community.

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Cleveland, Ohio's Second Conference on Health and Happiness for Older People was held in May. City now does this annually for older citizens - three separate days in 1954. Program includes skits, films, panels, lectures, discussion. Sponsored by the Welfare Council.

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The American Geriatrics Society held its eleventh annual meeting in San Francisco, June 17-19. Some 38 papers were addressed to many phases of aging, surgery, and diseases of older people.

Books, Pamphlets and Reports

An excellent book on how to organize a senior citizens' club has been issued by the Group Work Division of the Toledo Council of Social Agencies under the title Adding Life to Added Years. Highly recommended for anyone who is looking for practical help and inspiration in getting a club started in his own community. Address: 441 Huron St., Toledo 4, Ohio.

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How to Help Older People, described as a guide for aging people and their families, is now available. As announced in the May issue, Mrs. Julietta K. Arthur has brought together a prodigious amount of information, common-sense advice, scientific data. In addition, she has compiled 100 pages of invaluable material on sources of information and help. Introduction by Wilma Donahue; publication by Lippincott. 1954. pp. 500. Price \$4.95.

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Care of the Long-Term Patient, by George St. J. Perrott and Associates, Division of Public Health Methods, Public Health Service, Department of Health, Education, and Welfare. 1954. 123 pages. Available from the Superintendent of Documents, Washington 25, D. C. Price 60 cents. This is a source-book of much detailed material on the extent and nature of illness and disability and on the kinds and characteristics of existing facilities. A valuable handbook for community and State groups concerned with the health and care of older people.

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Add Life to Your Years, by Ernst Boas, M.D., McBride Co. 1954. pp. 271. \$3.75. This is a highly useful book by a well-known heart specialist and geriatrician. It deals with the aging process, interpreting for the layman the difference between aging and disease and showing him how to live comfortably with his infirmities.

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Outwitting Your Years, by Clarence William Leib, M.D., New York, Prentice-Hall, Inc. Fourth printing 1951. \$2.95. Just received for the first time by the editors of Aging, this book fully merits attention. Dr. Leib successfully studied and prescribed for older people for a good many years. Outwitting Your Years is a distillation of his hundreds of observations presented in thoroughly readable form. Probably no one has shown more clearly the interdependence of physical and sociopsy-

chological factors or the need for a rich mental life in maintaining total well-being.

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Paying for Medical Care in the United States, by Oscar N. Serbein, Jr., Columbia University Press. 1954. pp. 543. \$7.00. Dr. Serbein is Assistant Professor of Statistics at the Graduate School of Business at Columbia. Under a grant from the Health Information Foundation he has made a painstaking and comprehensive collection, analysis and evaluation of available material on medical payments as of 1951, including all varieties of prepayment plans. Several sections are devoted to the status of the aged. Carries 237 tables with statistics on almost every conceivable aspect of the subject. An excellent reference book.

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Problems of Aging, edited by Nathan W. Shock for the Josiah Macy, Jr., Foundation (publisher), New York. 203 pp. 1954. \$4.25. This volume is described as the "Transactions of the Fifteenth and Final Conference" of the series on aging sponsored by the Foundation. Topics discussed are: Cellular Structure, Some Biochemical Studies on the Process of Aging, The Role of Comparative Physiology in Studies of Aging, and A Student of Aging Looks at the Macy Foundation for Seventeen Years.

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Man's Later Years is the title of a home study course just announced by the American School, Drexel Avenue at 58th Street, Chicago 37. The School has published a Study Guide for Man's Later Years, based largely on Dr. Lieb's Outwitting Your Years and Kaighn's How to Retire and Like It. The course covers the whole range of problems and topics of concern to aging and older persons. In our judgment, the course is well-suited to individuals who wish to examine their own situations under provocative guidance, and to small numbers of people who wish to come together for a group study experience.

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"Toward More Flexible Retirement Policies," by J. Howard Wyner. In Personnel, March 1954. pp. 386-395. A useful summary of statistics, case studies, and procedures in retirement systems based on other factors than chronological age.

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"What Is the Outlook for the Older Nurse?" by Robert R. Spohn. In The American Journal of Nursing, April 1954. pp. 442-444. Based on a survey of practices and ratings. Employer attitudes show conventional stereotypes despite favorable opinions. Contains useful suggestions for nurses and employers.

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Still Looking Ahead is a 28-page picture booklet with caption comments on satisfactions and activities in the later years. Available from the Bureau of Health Education, American Medical Association, 535 N. Dearborn St., Chicago 10. Price 15¢ per copy with substantial discounts for quantity purchases.

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If you do not desire to continue receiving this publication, please CHECK HERE ☐ tear off this label and return it to the above address. Your name will then be promptly removed from the appropriate mailing list.

11% Plus, Recreation for Older People, National Recreation Association, 315 Fourth Ave., New York 10. 25¢. A booklet of suggestions for recreational programs for persons over 60.

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Old-Age Assistance: A California Study of a National Problem, by Floyd A. Bond and others of the Social Science Center, Pomona College, is scheduled for late summer publication by Henry Holt and Company.

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How to Retire and Like It, by Raymond P. Kaighn, Association Press. 1954. pp. 149. \$2.50. A revised edition of a book first published in 1942. The author, who is himself retired, is executive of the retirement fund of a large organization and writes on the basis of his personal contacts with thousands of retired individuals. Some of the statistics quoted are still 1942, but the spirit is strictly 1954.

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Pilgrim Place in Claremont, by Carl M. Gates. 1953. pp. 103. Pilgrim Place in Claremont, California, is one of the very few retirement communities in the country. Based on 35 years of struggle, trial and error, and emerging philosophy, the book has much to offer those who may be planning such enterprises. It is also an interesting record of growth from a small, informal group to a larger and somewhat formal community.

PHILADELPHIA (Continued)

Members of the Germantown School Council, in cooperation with local homes for older people, are providing foster grandchildren for certain elderly residents of the homes.

Every spring and fall the Division on the Aging holds meetings at which timely subjects are discussed. The subject of the April 1954

meeting was "A Hospital Plan for Older People." Two hundred and seventy-five representatives of welfare organizations and others in the Philadelphia area attended the meeting in the 10 million dollar new Lankenau Hospital. Dr. Edward L. Bortz presented a "Decalogue of Health for Senior Citizens."

In the field of public education, the Pennsylvania Citizens Association summarized and printed the report, Our Later Years, and distributed copies to their membership throughout the State. Several special committees have been working in the Philadelphia area to arouse public awareness of the significance of our aging population. Copies of Our Later Years have been distributed through key groups. The film "Retire to Life" has been shown to many groups. Speakers have been recruited and groups organized. And of course there was newspaper, radio, and television publicity.

A committee on housing was created in March by the Philadelphia Housing Association to review the housing needs of older people as well as policy and practice affecting the quantity and quality of private and public housing available to them.

The Division in the Aging has cooperated with the Philadelphia Department of Public Welfare with respect to its budget and plans for expansion of Riverview-home for older people. It has also prepared and issued a statement on "Essentials for Minimum Adequate Standards for Homes for the Aged."

Recently a new Committee on Educational Opportunities for Older People was organized and on May 27, 1954 held an open meeting attended by 150 interested persons. Dr. Wilma Donahue, Chairman of Institute for Human Adjustment, University of Michigan, gave an interesting and timely presentation on "Educational Approaches to Aging."

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